



DBT INFORMED SKILLS TRAINING

TEENS + PARENTS

The Dialectical Behaviour Therapy (DBT) Informed Skills Training empowers teens and parents with a variety of skills including:

Mindfulness

Healthy coping skills

Skills for coping with emotions safely

Social skills/relationship skills

Skills to deal with overwhelming or uncomfortable emotions

Calming strategies

Skills to manage problem behaviours

Strategies to increase positive emotions and achieve balance

GROUP THERAPY PRACTICE

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PRACTICAL INFORMATION

The program runs over ten sessions, 1.5 hours duration.

Some people find the idea of group training a bit daunting.

Groups provide an opportunity to learn from the experiences of other people who are working on similar problems.

Parents attend all sessions with teens.